



JELL-O Popcorn Balls

 **Gluten Free**

 **Dairy Free**

READY IN

ready

30 min.

SERVINGS

servings

18

CALORIES

calories

173 kcal

DESSERT

Ingredients

- ☐ 1 cup plus light
- ☐ 1 pkg jell-o brand gelatin (4 serving size)
- ☐ 1.5 cups planters cocktail peanuts coarsely chopped
- ☐ 12 cups popped popcorn
- ☐ 0.5 cup sugar

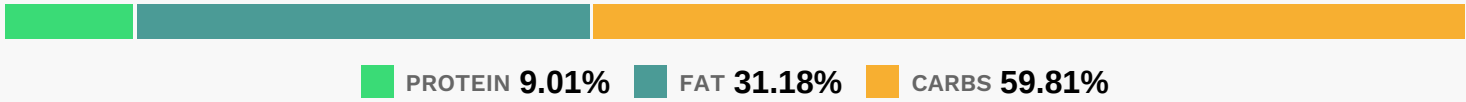
Equipment

- ☐ bowl
- ☐ sauce pan

Directions

- ☐ Place popcorn in large bowl.
- ☐ Mix syrup and sugar in saucepan; bring to boil.
- ☐ Remove from heat.
- ☐ Add gelatin; stir until dissolved.
- ☐ Add peanuts.
- ☐ Pour over popcorn; mix well. Cool about 5 minutes. Shape into 18 balls, each about 3 inches in diameter.

Nutrition Facts



Properties

Glycemic Index:9.43, Glycemic Load:9.84, Inflammation Score:-2, Nutrition Score:4.2486956223198%

Nutrients (% of daily need)

Calories: 172.92kcal (8.65%), Fat: 6.42g (9.88%), Saturated Fat: 0.97g (6.07%), Carbohydrates: 27.72g (9.24%), Net Carbohydrates: 25.5g (9.27%), Sugar: 20.16g (22.4%), Cholesterol: 0mg (0%), Sodium: 15.17mg (0.66%), Alcohol: 0g (0%), Alcohol %: 0% (100%), Protein: 4.18g (8.36%), Manganese: 0.4mg (20.16%), Vitamin B3: 2.11mg (10.53%), Fiber: 2.22g (8.88%), Magnesium: 33.63mg (8.41%), Folate: 31.49µg (7.87%), Phosphorus: 73.48mg (7.35%), Vitamin B1: 0.1mg (6.73%), Copper: 0.13mg (6.52%), Iron: 0.71mg (3.96%), Zinc: 0.57mg (3.79%), Potassium: 114.96mg (3.28%), Vitamin B6: 0.05mg (2.69%), Vitamin B5: 0.25mg (2.53%), Calcium: 15.96mg (1.6%), Selenium: 1.06µg (1.52%), Vitamin B2: 0.02mg (1.39%)